

DIVINE HEALTH PROGRAM

Dinner Ideas

- Turkey Chili with veggies
- Glazed chicken and brown rice
- Chicken wrap with corn tortillas minimal on the whole wheat tortilla
- Shrimp and grilled veggies over brown rice
- Chicken soup
- Veggie Omelet
- Tuna salad
- Baked lemon pepper salmon
- Fajitas
- Ginger turkey or ginger chicken
- Black beans and brown rice with Turkey
- Salad with a lot of veggies a few corn chips and group turkey
- Fruit shake in the blender with ice and add some protein
- Broccoli with Chicken breast
- Garden Burger
- Whole turkey with asparagus
- Seasoned fish and spinach
- BBQ Chicken (Try to get it without salt)



Work Out Schedule

- Walk 3 days a week for min of 30 minutes and stretch (beginners)
- Walk a lap Jog a lap for 30 minutes 3 days week (fat Burner)
- Walk Mon/Wed/Friday 45 minutes and Tues/Thurs aerobic or Run 30min (Intense)



Intense Slim Down 5 week kick-starter

- Week 1 Mon/Wed/Fri/ 30 min treadmill Tues/Thurs 30m walk or Jog (2 Times a day) Stretch
- Week 2 Mon/Wed/Fri/ 30 min on treadmill Tues/ Thurs 30m walk or Jog (2 Times a day) Stretch
- Week 3 Mon/Wed/Fri/ 45 min on treadmill Tues/Thurs 45m walk or Jog (2 Times a day) Stretch
- Week 4 Mon/Wed/Fri/ 45 min on treadmill Tues/Thurs 45m walk or Jog (2 Times a day) Stretch
- Week 5 Mon/Wed/Fri/ 60 min on treadmill Tues/Thurs 60m walk or Jog (2 times a day) Stretch



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